Samsung Gear™ Fit

User Manual

Please read this manual before operating your device and keep it for future reference

Warning! This product contains chemicals known to the State of California to cause cancer and reproductive toxicity.

Intellectual Property

All Intellectual Property, as defined below, owned by or which is otherwise the property of Samsung or its respective suppliers relating to the SAMSUNG Phone, including but not limited to, accessories, parts, or software relating there to (the “Phone System”), is proprietary to Samsung and protected under federal laws, state laws, and international treaty provisions. Intellectual Property includes, but is not limited to, inventions (patentable or unpatentable), patents, trade secrets, copyrights, software, computer programs, and related documentation and other works of authorship. You may not infringe or otherwise violate the rights secured by the Intellectual Property. Moreover, you agree that you will not (and will not attempt to) modify, prepare derivative works of, reverse engineer, decompile, disassemble, or otherwise attempt to create source code from the software. No title to or ownership in the Intellectual Property is transferred to you. All applicable rights of the Intellectual Property shall remain with SAMSUNG and its suppliers.

Open Source Software

Some software components of this product incorporate source code covered under GNU General Public License (GPL), GNU Lesser General Public License (LGPL), OpenSSL License, BSD License and other open source licenses. To obtain the source code covered under the open source licenses, please visit: http://opensource.samsung.com.

Disclaimer of Warranties; Exclusion of Liability

EXCEPT AS SET FORTH IN THE EXPRESS WARRANTY CONTAINED ON THE WARRANTY PAGE ENCLOSED WITH THE PRODUCT, THE PURCHASER TAKES THE PRODUCT “AS IS”, AND SAMSUNG MAKES NO EXPRESS OR IMPLIED WARRANTY OF ANY KIND WHATSOEVER WITH RESPECT TO THE PRODUCT, INCLUDING BUT NOT LIMITED TO THE MERCHANTABILITY OF THE PRODUCT OR ITS FITNESS FOR ANY PARTICULAR PURPOSE OR USE; THE DESIGN, CONDITION OR QUALITY OF THE PRODUCT; THE PERFORMANCE OF THE PRODUCT; THE WORKMANSHIP OF THE PRODUCT OR THE COMPONENTS CONTAINED THEREIN; OR COMPLIANCE OF THE PRODUCT WITH THE REQUIREMENTS OF ANY LAW, RULE, SPECIFICATION OR CONTRACT PERTAINING THERETO. NOTHING CONTAINED IN THE INSTRUCTION MANUAL SHALL BE CONSTRUED TO CREATE AN EXPRESS OR IMPLIED WARRANTY OF ANY KIND WHATSOEVER WITH RESPECT TO THE PRODUCT. IN ADDITION, SAMSUNG SHALL NOT BE LIABLE FOR ANY DAMAGES OF ANY KIND RESULTING FROM THE PURCHASE OR USE OF THE PRODUCT OR ARISING FROM THE BREACH OF THE EXPRESS WARRANTY, INCLUDING INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES, OR LOSS OF ANTICIPATED PROFITS OR BENEFITS.

Modification of Software

SAMSUNG IS NOT LIABLE FOR PERFORMANCE ISSUES OR INCOMPATIBILITIES CAUSED BY YOUR EDITING OF REGISTRY SETTINGS, OR YOUR MODIFICATION OF OPERATING SYSTEM SOFTWARE.

USING CUSTOM OPERATING SYSTEM SOFTWARE MAY CAUSE YOUR DEVICE AND APPLICATIONS TO WORK IMPROPERLY. YOUR CARRIER MAY NOT PERMIT USERS TO DOWNLOAD CERTAIN SOFTWARE, SUCH AS CUSTOM OS.

Samsung Telecommunications America (STA), LLC

Headquarters:
1301 E. Lookout Drive
Richardson, TX 75082

Customer Care Center:
1000 Klein Rd.
Plano, TX 75074
Toll Free Tel: 1.888.987.HELP (4357)

Internet Address: www.samsung.com

©2014 Samsung Telecommunications America, LLC. Samsung, and Gear 2 are all trademarks of Samsung Electronics Co., Ltd. Bluetooth is a registered trademark of Bluetooth SIG. Other company and product names mentioned herein may be trademarks of their respective owners. Screen images simulated.
Appearance of device may vary.

Do you have questions about your Samsung Mobile Device?
For 24 hour information and assistance, we offer a new FAQ/ARS System (Automated Response System) at:
www.samsung.com/us/support

The Bluetooth® word mark, figure mark (stylized “B Design”), and combination mark (Bluetooth word mark and “B Design”) are registered trademarks and are wholly owned by the Bluetooth SIG.

Legal Information

The online version of the Health/Safety and Warranty guide for your device can be found at:

www.samsung.com.

The online version of the End User Licensing Agreement for your device can be found at:

www.samsung.com/us/Legal/EULA.

Table of Contents

Intellectual Property 2
Disclaimer of Warranties; Exclusion of Liability 3
Samsung Telecommunications America (STA), LLC 4
Legal Information 5

Section 1: Getting Started 3

About Gear Fit 3
Package Contents 3
Device Layout 4
Charging Dock 6
Strap 6
Button 7
Mounting the Device on the Strap 9
Charging the Battery 12
Turning the Gear Fit On and Off 16
Tips for Using Bluetooth 18
Connecting the Gear Fit to a Mobile Device 19
Wearing the Gear Fit 23
Locking and Unlocking the Gear Fit 24
Adjusting the Brightness of the Display 24

Section 2: Basics 25

Viewing Mobile Device Connection and Battery Status 25
Using the Touch Screen 26
Viewing the Home Screen 27
Home Screen Panels 28
Using Applications 30
Returning to the Previous Page 30
Screening Incoming Calls 30
Using Notifications 31
Checking Notifications 31
Upgrading the Gear Fit 35

Section 3: Gear Fit Manager 37

Launching Gear Fit Manager 37
Configuring the Gear Fit Settings 37
Home Screen Styler 38
S Health 39
Notifications 39
Settings 40

Section 4: Applications 43
Health Management Applications 43
Sleep 46
Pedometer 50
Exercise 52
Heart Rate 58
Media Controller 61
Timer 62
Stopwatch 62
Find My Device 63
Section 5: Settings 64
Clock 64
Wallpapers 64
Display 64
Bluetooth 65
Double press 65
Profile 65
Privacy lock 66
Reset Gear Fit 66
Gear Fit info 66
Section 6: Index 67

Section 1: Getting Started

About Gear Fit

When you connect the Samsung Gear™ Fit to your mobile device, you can use the Gear™ Fit to view call logs or set alarms. You can use mobile devices more conveniently by connecting to various applications with the Gear™ Fit. Set your exercise program and manage your data by connecting the Gear™ Fit to a mobile device.

To connect your Gear™ Fit to a mobile device, install Gear™ Fit Manager on the mobile device. Search for Gear™ Fit Manager from Samsung Apps or visit apps.samsung.com/gearfit to download it.

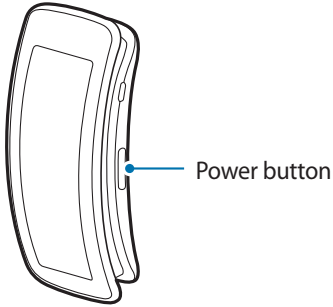
Package Contents

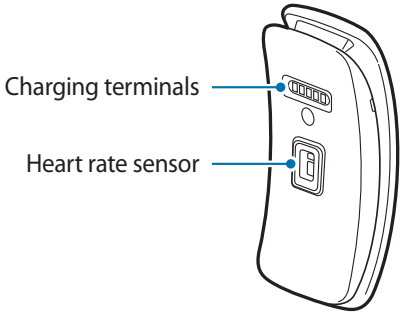
Note: The items supplied with the Gear™ Fit and any available accessories may vary depending on the region or service provider.

- The supplied items are designed only for this Gear™ Fit and may not be compatible with other devices.
- Appearances and specifications are subject to change without prior notice.
- You can purchase additional accessories from your local Samsung retailer. Before making a purchase, make sure they are compatible with the Gear™ Fit.
- Other accessories may not be compatible with your Gear™ Fit.
- Use only Samsung-approved accessories. Malfunctions caused by using unapproved accessories are not covered by the warranty service.
- Availability of all accessories is subject to change depending on quantities manufactured. For more information about available accessories, refer to the Samsung website.

Device Layout

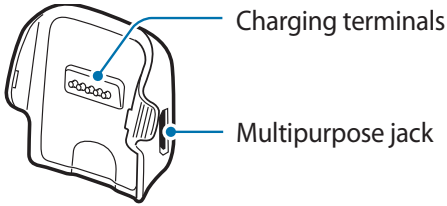
Gear Fit



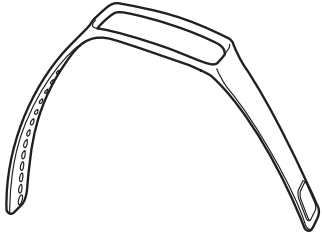


Note: Do not use a screen protector which causes touch screen sensor malfunctions.

Charging Dock



Strap



Note: Ensure that the strap is kept clean. Contact with contaminants, such as dust and dye, can cause stains on the strap that may not be fully removed.

Button

The Power Button turns the Gear™ Fit on or off, moves the Clock screen, locks the device on the Clock screen, and resets the device.

- Press and hold the **Power button** to turn the Gear™ Fit on or off.
- Press the **Power button** to display the Clock screen.
- Pres the **Power button** to lock the Gear™ Fit on the Clock screen.
- Press the **Power button** for more than 7 seconds to reset the Gear™ Fit.

Maintaining water and dust resistance

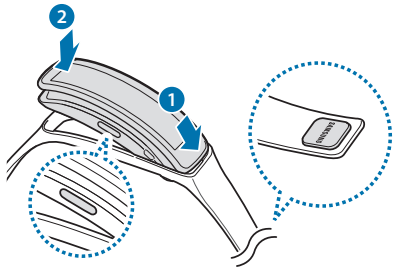
The device may be damaged if water or dust enters the device. Follow these tips carefully to prevent damage to the device and to maintain the water- and dust-resistant performance of the device.

- Do not immerse the device in water deeper than 1 m and keep it submerged for more than 30 minutes.
- Do not expose the device to **water at high pressure**, such as ocean waves or a waterfall.
- If the device or your hands are wet, dry them thoroughly before handling the device.
- Do not expose the device to **salt water**, **ionized water**, or **soapy water**.
- **If the device is dropped or receives an impact**, the water and dust resistant features of the device may be damaged.
- If the device gets wet, dry it thoroughly with a clean, soft cloth.
- The touch screen and other features may not work properly **if the device is used in water or in other liquids**.
- Your device has been tested in a controlled environment and shown to be water and dust resistant in certain circumstances (meets requirements of classification IP67 as described by the international standard IEC 60529 - Degrees of Protection provided by Enclosures [IP Code]; test conditions: 15 - 35 °C, 86 - 106 kPa, 1 meter, for 30 minutes). Despite this classification, your device is not impervious to water damage in any situation.

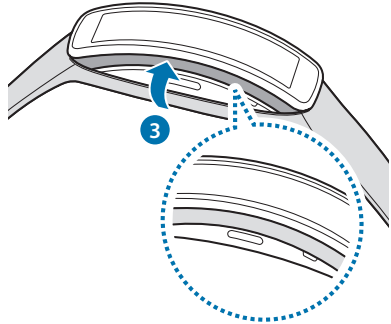
Mounting the Device on the Strap

Mount the Gear™ Fit on the provided strap.

1. Insert both ends of the Gear™ Fit into the mounting hole on the strap.
   - First, insert one end of the Gear™ Fit into the mounting hole. Then, insert the other end of the device into the hole and pull the strap up at the same time.

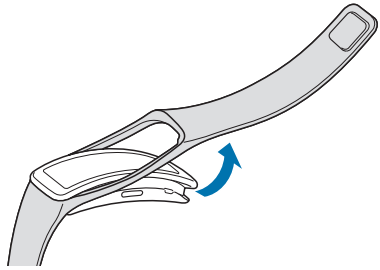


2. Ensure that the Gear™ Fit is sitting securely in the mounting hole and that it is properly aligned with the strap.



Removing the strap

► To remove the strap from the Gear™ Fit, lift the strap upwards and peel it away from the face of the device (as shown).



Charging the Battery

Charge the battery before using the Gear™ Fit for the first time. A computer can be also used to charge the Gear™ Fit by connecting it using the USB cable.

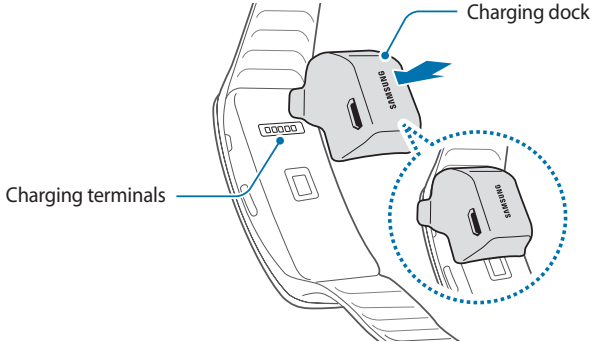
Important! Use only Samsung-approved chargers, batteries, and cables.

Note: When the battery power is low, the battery icon displays as empty.

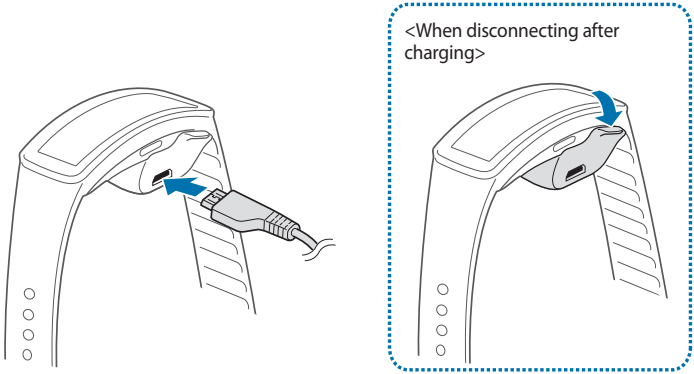
If the battery is completely discharged, the Gear™ Fit will not immediately turn on with the charger connected. Allow a depleted battery to charge for a few minutes before turning on the device.

The charging dock provided with the Gear™ Fit is used for charging the Gear™ Fit's battery.

1. Place the Gear™ Fit on the charging dock with the charging terminals facing each other.



2. Plug the small end of the charger cable into the multipurpose jack of the charging dock.



Note: Connecting the charger improperly may cause serious damage to the Gear™ Fit. Any damage caused by misuse is not covered by the warranty.

- If the Gear™ Fit receives an unstable power supply while charging, the touch screen may not function. If this happens, unplug the charger from the Gear™ Fit.
- While charging, the Gear™ Fit may heat up. This is normal and should not affect the Gear™ Fit's lifespan or performance. If the battery gets hotter than usual, the charger may stop charging.

- To save energy, unplug the charger when not in use. The charger does not have a power switch, so you must unplug the charger from the electric socket when not in use to avoid wasting power. The charger should remain close to the electric socket and easily accessible while charging.

Caution! Connecting the charger improperly may cause serious damage to the Gear™ Fit. Damage caused by misuse is not covered by the warranty.

Note: If the Gear™ Fit receives an unstable power supply while charging, the touch screen may not function. If this happens, unplug the charger from the Gear Fit.

- While charging, the Gear™ Fit may heat up. This is normal and should not affect the Gear™ Fit's lifespan or performance. If the battery gets hotter than usual, the charger may stop charging.
- If the Gear™ Fit is not charging properly, take the Gear Fit and the charger to a Samsung Service Center.
- To save energy, unplug the charger when not in use. The charger does not have a power switch, so you must unplug the charger from the electric socket when not in use to avoid wasting power. The charger should remain close to the electric socket and easily accessible while charging.

About using battery

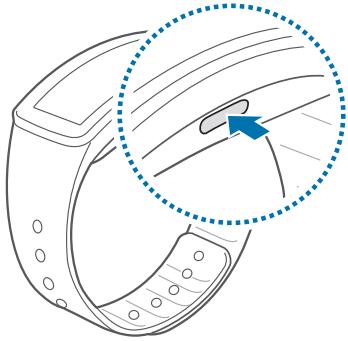
- Battery operating time is affected by device usage patterns and the condition of battery.
- The battery is a consumable item. Battery life can be reduced when multiple applications or features are running simultaneously. Battery life may be reduced even when the device is idle.
- The battery is consumable so the device charge reduces over time.

Turning the Gear Fit On and Off

When you turn on the Gear™ for the first time, follow the displayed instructions. The instructions describe how to connect the Gear to a mobile device and to set up the Gear™ Fit.

1. Press and hold the Power button for a few seconds to turn on the Gear™ Fit.
   A pop-up window displays and provides instructions that prompt you to download and install the Gear™ Fit Manager.

   You can use the Gear™ Fit only after Gear™ Fit Manager is installed on the mobile device. *For more information, refer to "Connecting the Gear Fit to a Mobile Device" on page 19.*



Note: Follow all posted warnings and directions from authorized personnel in areas where the use of wireless devices is restricted, such as airplanes and hospitals.

2. Press and hold the Power button, and then tap **Power off** to turn off the Gear™ Fit.

Tips for Using Bluetooth

- To avoid problems when connecting your Gear™ Fit to another mobile device, place the devices close to each other.
- Ensure that your Gear™ Fit and the other Bluetooth device are within the Bluetooth connection range (30 feet). The distance may vary depending on the environment in which the devices are used.
- Ensure that there are no obstacles between your Gear™ Fit and a connected mobile device, including human bodies, walls, corners, or fences.
- Do not touch the Bluetooth antenna of a connected mobile device.
- Bluetooth uses the same frequency as some industrial, scientific, medical, and low power products and may interfere when making connections near these types of products.
- Always ensure that you share and receive data with devices that are trusted and properly secured. If there are obstacles between the devices, the operating distance may be reduced.
- Some devices, especially those that are not tested or approved by the Bluetooth SIG, may be incompatible with your Gear™ Fit.
- Do not use the Bluetooth feature for illegal purposes (for example, pirating copies of files or illegally tapping communications for commercial purposes).
- Samsung is not responsible for the repercussion of illegal use of the Bluetooth feature.

Connecting the Gear Fit to a Mobile Device

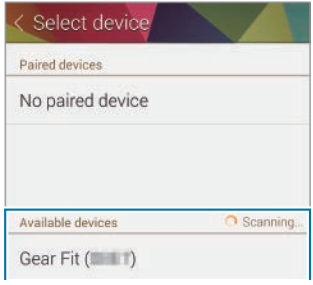
Install Gear™ Fit Manager on the mobile device and connect the Gear™ Fit to the device using Bluetooth.

Note: You cannot install Gear™ Fit Manager on mobile devices that do not support Gear™ Fit syncing. Ensure that your mobile device is compatible with a Gear™ Fit.

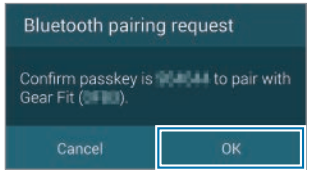
1. Turn on the Gear™ Fit device.
2. From the Gear™ Fit, read the download information in the displayed window and tap .

   The model details display.
3. From the Mobile device, down the Gear™ Fit Manager from Samsung Apps.

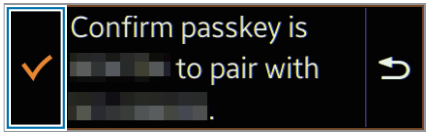
   You can also visit apps.samsung.com/gearfit to download the Gear™ Fit Manager.
4. From the Mobile device Apps screen, tap **Gear Fit Manager**.
5. From the Mobile device, select the Gear Fit model name (e.g. Gear™ Fit (0000)) from Step 2.



6. From the Mobile device, tap **OK** when the Bluetooth pairing request window displays.



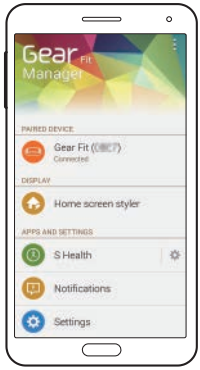
7. From the Gear™ Fit, tap ✓ when the connection window displays.



Note: The Install window displays on the Mobile device.
The Install window may not display depending on the software version.

---

8. From the Mobile device, read and agree to the terms and conditions, and follow the displayed instructions. The Gear™ Fit Manager displays on the mobile device.



The Gear™ Fit Manager application guide opens.

Tip: You can adjust the Gear™ Fit's configuration in Gear™ Fit Manager.

9. From the Gear™ Fit device, select the dominant hand and tap ✓.

When the devices are connected, the clock screen displays on the Gear Fit.

Note: Connection methods and screenshots may vary depending on the type of device and the device's software version.

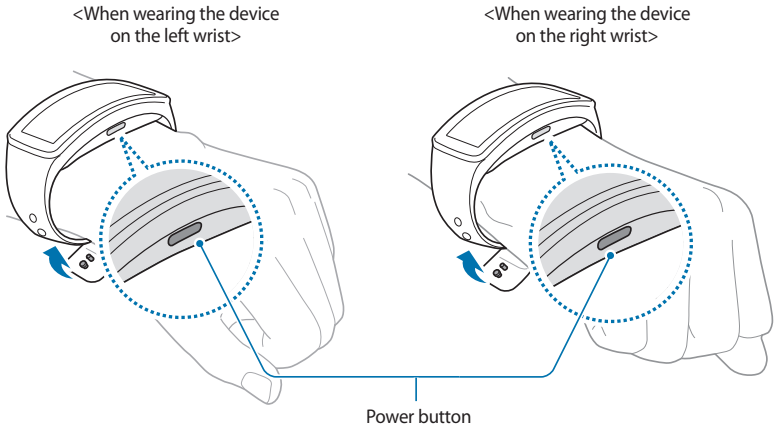
When connecting the Gear™ Fit to another mobile device.
Reset the Gear™ Fit if you want to connect the Gear™ Fit to a newly purchased mobile device or to another mobile device for the first time.
Resetting the Gear™ Fit removes the data from the memory. After the reset, you can connect the Gear™ Fit to a different mobile device.

Important! If the Gear™ Fit's battery is completely discharged, charge the battery before connecting the Gear™ Fit to the mobile device. Do not connect the Gear™ Fit to another mobile device. Doing so can cause data loss.

Wearing the Gear Fit

Open the clasp and fit the strap to your wrist with the pin. When measuring your heart rate, wear the device comfortably around your lower arm just above the wrist. Refer to 'Wearing the Gear Fit' for details.

Note: Excessively bending the strap may damage the device.



Configure the Gear™ Fit for the wrist that you will wear it on.

- If wearing the Gear™ Fit on your left wrist, tap **Settings** → **Display** → **Wrist worn on** → **Left**.
- If wearing the Gear™ Fit on your right wrist, tap **Settings** → **Display** → **Wrist worn on** → **Right**.

Note: If the power button is not facing your hand or the device is configured for the other hand, the screen does not properly display.

Locking and Unlocking the Gear Fit

When not in use, lock the Gear™ Fit to prevent unwanted operation. Pressing the Power button on the Clock screen turns off the screen and locks the Gear™ Fit. The Gear Fit automatically locks if it is inactive for a specified period.

► Press the Power button to unlock the Gear™ Fit.

Adjusting the Brightness of the Display

You can adjust the display brightness on the Gear™ Fit to suit the environment.

1. Tap the screen twice quickly with two fingers, and then tap or to adjust the brightness.
2. On the Home screen, tap **Settings** → **Display** → **Brightness**, and then adjust the brightness.

Note: In bright conditions, such as in direct sunlight, you can set the brightness of the Gear™ Fit's display at the maximum to use **Outdoor mode**. If the screen remains off for 5 minutes, outdoor mode is automatically reset to the default settings.

Viewing Mobile Device Connection and Battery Status

► Scroll left or right on the Home screen and tap **Settings**.

The following icons provide information about the status of the Gear™ Fit. These icons display on the left side of the screen.

Icon	Description
	Mobile device connected
	Mobile device disconnected
	Battery power level

Using the Touch Screen

► Use only your fingers to touch the screen.

Caution! Do not allow the touch screen to come into contact with other electrical devices. Electrostatic discharges can cause the touch screen to malfunction.

To avoid damaging the touch screen, do not tap it with anything sharp or apply excessive pressure to it with your fingertips.

Note: The Gear™ Fit may not recognize touch inputs close to the edges of the screen, which are outside of the touch input area.

Do not leave the touch screen idle for extended periods to avoid afterimages (screen burn-in) or ghosting. Turn off the touch screen when you are not using the device.

Finger gestures

Tapping

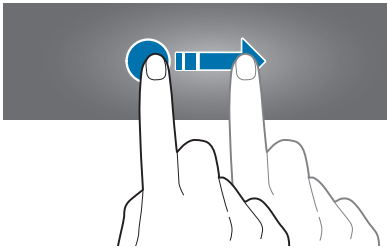
To open an application, to select a menu item, or to press an on-screen button, tap it with a finger.

Double-tapping

While using the Gear™ Fit, double-tap anywhere on the screen with two fingers to access the brightness and volume control panel. You can also view indicator icons and the remaining battery power.

Flicking

Flick left or right on the Home screen or the Apps screen to see another panel.



Viewing the Home Screen

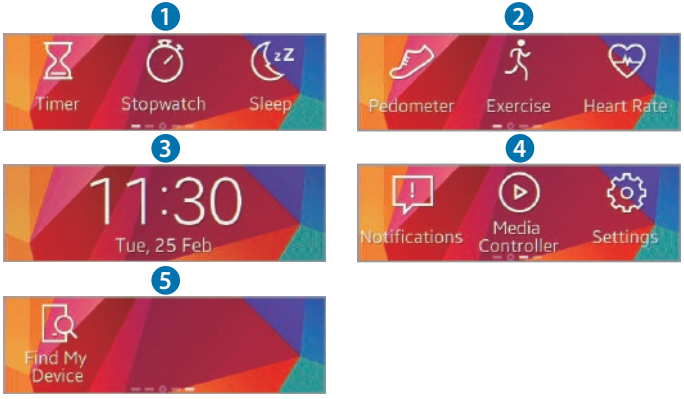
When you connect your Gear™ Fit to the mobile device you can view the device's Home screen. The Home screen displays the clock, shortcuts to applications, and other information.

The Home screen has multiple panels. Scroll left or right to display additional panels.

Note: Connect the Gear™ Fit to the mobile device after purchasing to accurately set the time.

The time may not be accurate if the Gear™ Fit is turned off or the battery is depleted. Reconnect to the mobile device to accurately set the time.

Home Screen Panels



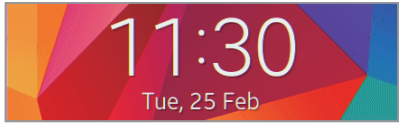
Note: Available applications and the arrangement of applications may vary depending on the software version.

Panel 1	**Timer**: Use the Gear™ Fit as a countdown timer. **Stopwatch**: Measure and record the amount of elapsed time. **Sleep**: Monitor your sleep patterns and record how much sleep you get.

Panel 2	**Pedometer**: Set a goal and measure your step count. **Exercise**: Set exercise goals and measure the exercise you do and calories you burn. **Heart Rate**: Measure and record your heart rate.
Panel 3	**Clock**: View the current date and time.
Panel 4	**Notifications**: Stay up-to-date with a variety of events, such as new messages, emails, or missed calls, received on the connected mobile device. You can receive a maximum of 100 notifications on the Gear™ Fit. After the maximum is reached, notifications will be removed in order from the oldest. **Media Controller**: Launch the media player on the connected mobile device and control playback with the Gear™ Fit. **Settings**: Configure the Gear™ Fit by setting items, such as the clock background, display settings, and Bluetooth feature.
Panel 5	**Find My Device**: Find the connected device.

Using the Clock screen

While using the Gear™ Fit, press the Power button to return to the Clock screen.



Using Applications

The Gear™ Fit can run a range of applications.

1. From the Home screen or the Apps screen, tap a shortcut or an application icon to open it.
2. Scroll left or right to view all the applications installed on the Gear™ Fit.

Returning to the Previous Page

► Tap while using applications to return to the previous page.

Screening Incoming Calls

When the connected mobile device receives an incoming call, you can screen it on the Gear™ Fit. Screen the call to reject it and send a reject message.

1. Tap and drag it to the left to reject the call.
2. Tap and drag it to the right to reject a call and send a reject message.

Note: You cannot use the Gear™ Fit for phone conversations or to make calls.

Using Notifications

Stay up-to-date with a variety of events, such as new messages, emails, or missed calls, received on the connected mobile device.

Note: You can receive a maximum of 100 notifications on the Gear™ Fit. After the maximum number of notifications is reached the oldest notifications are removed first.

If a message includes long text or attachments, check the message details on your connected mobile device.

Checking Notifications

Checking notifications immediately

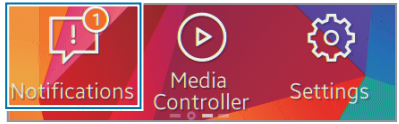
When you receive a notification, information about the notification, such as type and the time it was received, displays on the screen.

► When a notification displays, tap it to view details.

The following is an example notification for an email message:

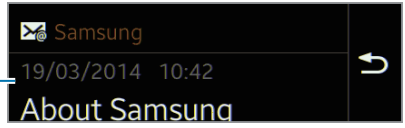
Checking notifications at a later time

1. Scroll left or right on the Home screen and tap **Notifications**.



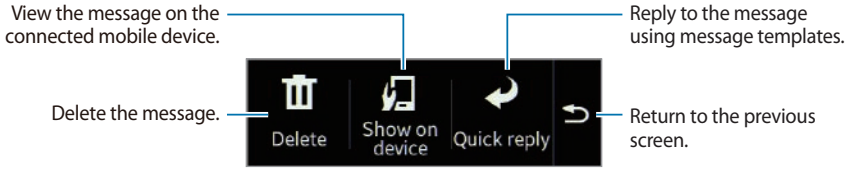
2. Select a notification type.

3. Select a notification to view the details.



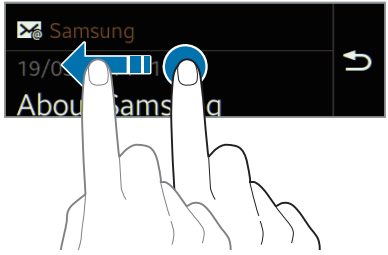
Notification details screen

4. In the notification's detailed view, scroll down to use additional features.


View the message on the connected mobile device.
Reply to the message using message templates.
Delete the message.
Return to the previous screen.
Delete
Show on device
Quick reply

Note: You can clear notifications, display the message on the mobile device, or reply to messages.

5. Scroll left to view previous messages.



Note: You can receive notifications on the Gear™ Fit for selected items. From the Gear Fit Manager, tap **Notifications** → **GEAR NOTIFICATIONS** or **GENERAL NOTIFICATIONS**, and then click on items to select them.

- If you set **Notifications** → **Limit notifications on Gear Fit Manager**, you are not able to view specific notifications on the Gear™ Fit. When Limit notifications is set, you can still view notifications for incoming calls and alarms on the Gear™ Fit.
- If you set **Notifications** → **Keep screen off** on Gear™ Fit Manager, the Gear™ Fit receives notifications when the display turns off.

To view notifications by category

► From the Home screen, tap **Notifications** → types of notifications → a notification.
While viewing the notification's detailed information, you can reply to messages, display the message on the mobile device, or clear notifications.

Upgrading the Gear Fit

You can upgrade the Gear™ Fit to the latest software. Visit the Samsung website to upgrade the Gear Fit's software.

Upgrading with Samsung Kies

1. Download the latest Samsung Kies from the Samsung website.
2. Launch Samsung Kies and connect the Gear™ Fit to the computer.
   Samsung Kies automatically recognizes the Gear™ Fit and displays any available updates in a dialog box.
3. Click the **Update** button in the dialog box to start upgrading. Refer to the Samsung website for details on how to upgrade.
4. Click **Update** in the dialog box to start the upgrade process.

   If a dialogue box does not automatically display, click the Gear™ Fit name in the Connected devices list, and then tap **Firmware upgrade**.
5. Follow the displayed instructions to complete the upgrade process.

   When the upgrade completes, a completion message displays on the screen and the Gear™ Fit automatically resets.

Important! Check the Gear™ Fit's battery status and fully charge the battery before upgrading the software.

- Do not turn off the computer or disconnect the USB cable while the Gear™ Fit is upgrading.
- While upgrading the Gear™ Fit, do not connect other media devices to the computer. Doing so may interfere with the update process.
- While upgrading the Gear™ Fit, do not launch other applications on the computer or operate the Gear™ Fit. Doing so may overload the computer.

- If you lose the connection with the Internet while upgrading the software, check to ensure the LAN cable is connected properly. Then, try again.
- Firmware upgrades will proceed only when your Gear™ Fit is properly connected with the computer. When the Gear Fit is connected properly, and the Gear™ Fit's model name displays to the left of the Samsung Kies screen.

Note: If the Gear™ Fit is connected to the mobile device, a notification displays on the mobile device that a Gear™ Fit software upgrade is available. Follow the displayed instructions to complete the upgrade process. You can upgrade your Gear™ Fit to the latest software easily using the Bluetooth connection.

Section 3: Gear Fit Manager

Launching Gear Fit Manager

This application allows you to connect to a mobile device and customise your Gear™ Fit's settings and applications. Also, you can use it to access the connected mobile device's features.

► From the connected mobile device's Apps screen, tap **Gear Fit Manager**.

Note: Some features may not be available depending on the type of connected mobile device.

Configuring the Gear Fit Settings

Access information about the Gear™ Fit and update Gear™ Fit software.

Tap the Gear™ Fit name in the **Paired device** list on the Gear™ Fit Manager screen, and then use the following features:

- **Connect/Disconnect**: Connect or disconnect a Gear™ Fit.
- **Model number**: View the Gear™ Fit's model details.
- **Software version**: Update the Gear™ Fit to the latest software.

Home Screen Styler

Changes the Gear™ Fit Home screen settings.

► From the Gear™ Fit Manager screen, tap **Home screen styler**.

Wallpapers

Change the color of the Gear™ Fit Home screen. Or, set an image or photo stored in the mobile device as wallpaper for the Gear™ Fit Home screen.

1. Tap **Wallpapers** on the Gear™ Fit Manager screen.
2. Select a wallpaper for the Home screen. The selected wallpaper displays on the Gear™ Fit Home screen.

Clock

You can change the clock types to display on the clock screen.

1. Tap **Clock** on the Gear™ Fit Manager screen and select the desired clock type.
2. Tap next to the watch list and select an item to configure the detailed information on the watch screen.

Layout

Change the order of the applications that display on the Home screen.

► Tap **Layout** on the Gear Fit Manager screen. Tap and hold an application, and then drag it to another location.

S Health

You can transfer S Health records saved on the Gear™ Fit to the connected mobile device.

To set the time interval for sending files, on the Gear™ Fit Manager screen:

1. Tap next to S Health and tap **Pedometer transfer interval**.
2. Tap **Transfer now** to send a file immediately.

Notifications

Stay up-to-date with a variety of events, such as missed calls, or new messages received on the connected mobile device. You can also configure settings for the notification feature.

► From the Gear™ Fit Manager screen, tap **Notifications**, drag the Notifications switch to the right, and then select from these options:

- **Limit notifications**: Set notifications, such as calls or messages, not to alert using the Gear™ Fit.
- **Smart relay**: Set your mobile device to instantly alert you to new notifications when you pick it up. At the same time the Gear™ Fit is notified of new messages or missed calls.

Note: This feature is only available when the Gear™ Fit's screen is turned on.
Some mobile devices do not support the Smart relay function.
The mobile device must be unlocked first to view details when the screen is locked.

- **Preview message**: Set pop-up windows to display the application name or the content.
- **Keep screen off**: Set to receive notifications with the display turned off.
- **INSTANT ALERTS FOR GEAR**: Set the items to receive directly on the Gear™ Fit.

- **GEAR NOTIFICATIONS**: Set the items to notify on the Gear™ Fit if they are not checked on the connected mobile device.
- **GENERAL NOTIFICATIONS**: Set additional items to notify on the Gear™ Fit.

Settings

Use this application to configure the Gear™ Fit and set various options.

► From the Gear™ Fit Manager screen, tap **Settings**.

Setting the Power button

Set actions to perform when you press the Gear™ Fit Power button twice.

► From the Settings screen, tap **Double pressing power key**. and then select an option.

Activating the auto lock feature

Set the mobile device to lock automatically when it is disconnected from your Gear™ Fit.

1. From the Settings screen, tap **Auto lock**.
2. Tap **Continue**, draw a pattern by connecting four or more dots, and then draw the pattern again to verify it.
   - When the Gear™ Fit disconnects from the mobile device, you must draw the pattern to unlock the mobile device screen.

Note: The mobile device's screen automatically unlocks when the Gear™ Fit is connected to the mobile device.

Setting a wake-up gesture

Set the Gear™ Fit to recognize your gesture to wake up the Gear™ Fit and display the clock or the last page you accessed when the screen turns off.

1. From the Settings screen, tap **Wake-up gesture**, and then drag the Wake-up gesture switch to the right.
2. Tap **Select screen shown** to select a preset screen to display when the screen turns on.
3. Raise the hand that is wearing the Gear™ Fit to wake up the device, and then look at the screen for a few seconds. The screen turns on and a preset screen displays.

Setting up emergency messages

Set the device to send a message to recipients in an emergency.

1. From the Settings screen, tap **Send help messages**, and then drag the **Send help messages** switch to the right.
2. Press the Power button three times to send an emergency message that includes your current location.

Setting up emergency contacts

You can preset contacts to send a message to in an emergency.

► From the Settings screen, tap **Manage Primary contacts** → **Create primary contact** → **Create new contact** or **Select from contacts**. You can create a new contact or select from the contacts list.

Managing text templates

Create and manage text templates to easily reply to messages.

1. From the Settings screen, tap **Quick responses**.
2. Tap to create a text template.
3. Tap the message to edit the text template.

Viewing the open source licence

You can view open source licence information.

► From the Settings screen, tap **Open source license**.

Viewing the Gear Fit Manager version

View the Gear™ Fit Manager version information from the **Gear™ Fit Manager version** field.

Section 4: Applications

Health Management Applications

Use the pedometer, sleep, exercise, and heart rate applications for leisure, well-being and fitness purposes.

When the Gear™ Fit is synced with a compatible S Health application, you can use additional features. The additional features include, checking your physical condition, exercise records, and more.

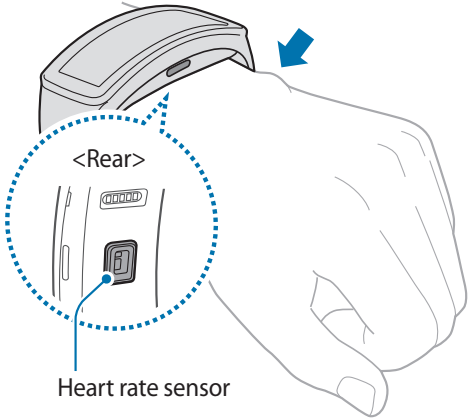
Note: Pedometer, Sleep, Exercise, and Heart Rate are intended for leisure, well-being and fitness purposes only and are not intended for medical use. Before using these applications, read the instructions carefully. Consult a medical professional if you experience any health problems or need medical assistance.

Before You Start Exercising

This app can be used to monitor your exercise. While moderate physical activity, such as brisk walking, is safe for most people, health experts suggest that you talk with your doctor before you start an exercise program. Consulting with your doctor ahead of time is a good way to plan an exercise program that is right and safe for you.

Wearing the Gear Fit Device

When measuring your heart rate, wear the Gear™ Fit comfortably on your arm above your wrist as shown.



Important! Remove the protective plastic from the heart rate measurement sensor before taking measurements.

- Remove the protective plastic from the heart rate measurement sensor before taking measurements.

- The heart rate figures may not be accurate depending on measurement conditions and surroundings.
- Take heart rate measurements when you are seated and relaxed.
- If heart rate measurements are taken at low temperatures, the result may be inaccurate.
- Do not move your body while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- Users with thin wrists may receive inaccurate heart rate measurements.
- Inaccurate measurements occur when the device is loose and the light used to provide the measurement is reflected unevenly.
- If the measurement is very different from the expected heart rate, rest for
- 30 minutes and then measure it again.
- Measurements are calculated using average values and should be repeated at least five times.
- During winter or in cold weather, keep yourself warm when measuring your heart rate.
- Smoking or consuming alcohol before taking measurements may cause your heart rate to be different from your normal heart rate.
- Do not talk, yawn, or breathe deeply while taking heart rate measurements.
- Doing so may cause your heart rate to be recorded inaccurately.
- If your heart rate is extremely high or low, measurements may be inaccurate.
- Heart rate measurements taken for infants and toddlers may be inaccurate.
- Do not look directly at the heart rate sensor’s lights. Doing so may impair your vision.

- If heart rate measurement is not working properly, adjust the position of the Gear™ Fit on your wrist. For example, move the Gear™ Fit right, left, up, or down on your wrist to adjust the position of the heart measurement sensor. Or, wear the Gear™ Fit with the heart rate sensor firmly against the inside of your wrist.
- If the heart rate sensor is dirty, wipe the sensor and try again.

Sleep

Use this application to monitor your sleep patterns and record how much sleep you get by detecting body movements while you sleep. You can transfer the records to the connected mobile device.

Before using this application

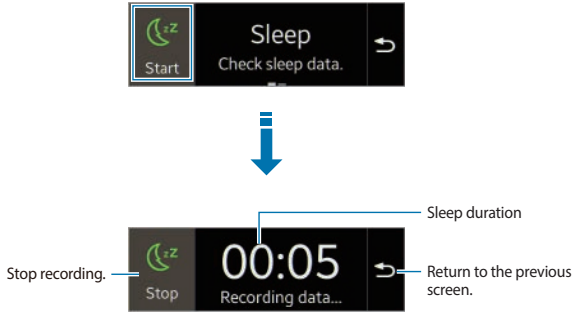
This app can be used to monitor your exercise. While moderate physical activity, such as brisk walking, is safe for most people, health experts suggest that you talk with your doctor before you start an exercise program, particularly if you have any of the following conditions:

- If you have just purchased or have reset the Gear™ Fit, read the on-screen information about the application.
- The Sleep feature records how much sleep you get by detecting and recording the duration of body movements. Also, it records each instance when the Gear™ Fit detects that there has been no body movement for one minute. To record body movement durations, a sleeping period must be set. The sleeping period can be set and measured in automatic or manual mode.
- In manual mode, the user should record the time by pressing a button at bedtime and when the user wakes up. In automatic mode, the Gear™ Fit automatically detects the user's sleep pattern and records the time.

- The Sleep feature can record sleep cycles twice or more in one 24 hour period. In manual mode, all sleep time that is detected within the designated period is recorded as the total period of sleep. In automatic mode, the longest duration detected within the 24 hour period is recorded as the total period of sleep. Short durations of sleep that last less than 2 hours are not detected and if the user wakes up for less than 30 minutes during the period it is recorded as constant sleep.

Recording sleep duration in manual mode

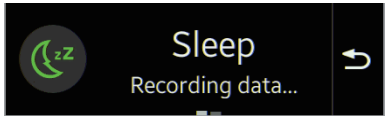
1. Scroll left or right on the Home screen and tap **Sleep**.
2. Tap **Start**. The sleep duration displays on the screen when sleep recording starts.



3. Tap **Stop** → ✓ to stop recording.

Recording sleep duration in auto mode

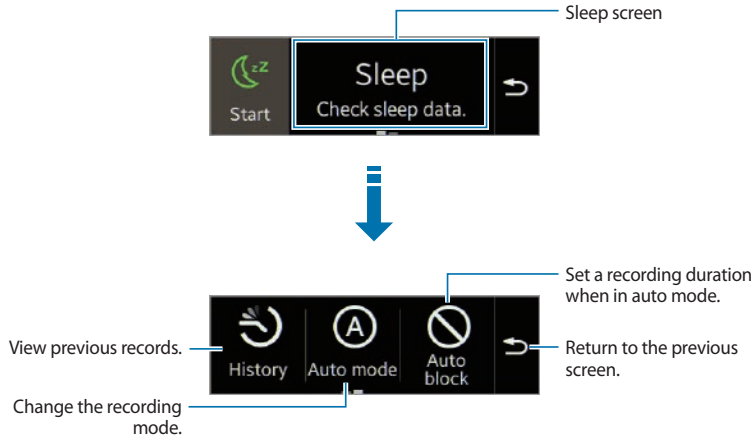
1. Scroll left or right on the Home screen, and then tap **Sleep**.
2. Scroll left on the Sleep screen.
3. Tap **Manual mode** → **Auto**.
4. Tap ✓
   Recording starts automatically.



Note: You can check the automatically recorded sleep durations at 12:00 PM the next day.

Using additional features

► Scroll left on the Sleep screen to use additional features.

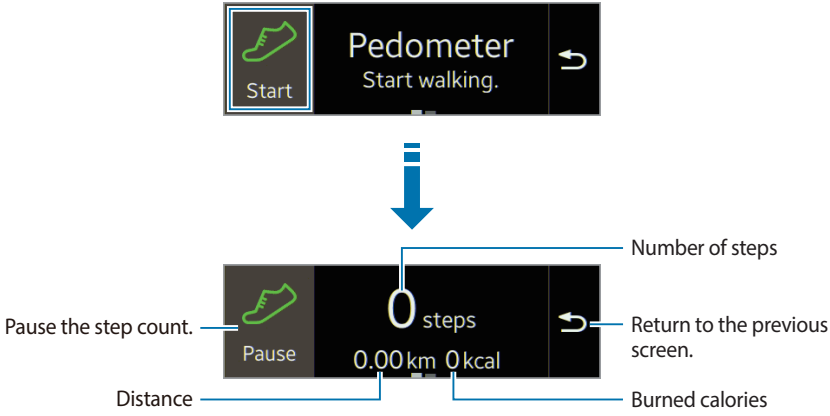


Pedometer

On the step count screen, start the pedometer to count your steps and view the distance walked and burned calories.

Counting steps

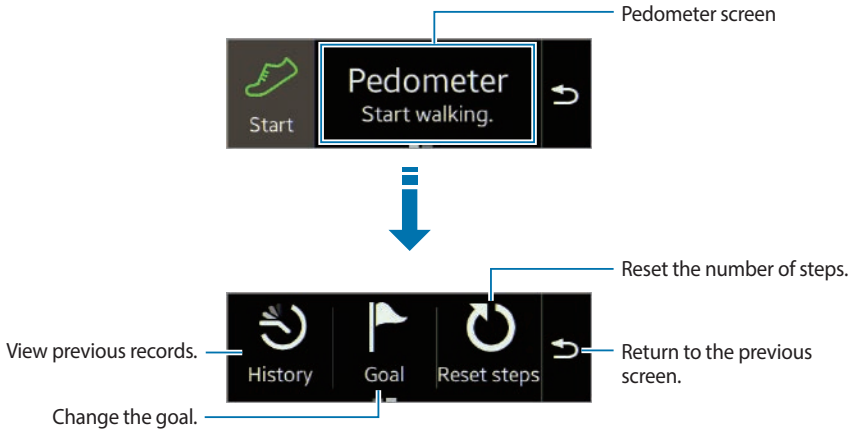
1. Scroll left or right on the Home screen and tap **Pedometer**.
2. Tap **Start** to start counting. You can view information, such as step count and calories, on the screen.



3. Tap **Pause** to stop counting.

Using additional features

► Scroll left on the pedometer screen to use additional features:



Note: You may experience a brief delay while the pedometer monitors your steps and then displays your step count.

Only records from the past thirty days are saved. You can view previous data on the mobile device where the S Health application is installed.

Exercise

Use this application to set diet and calorie goals and plan your exercise program. View the completed exercise and compare it with your exercise goal. You can also record your exercise achievements in a log.

► If you have just purchased or have reset the Gear™ Fit, read the on-screen information about the application and tap **OK**.

Note: The connected mobile device's GPS feature is used to check information, such as altitude and speed, when you are cycling or hiking. Ensure that the Gear™ Fit and the mobile device are connected while using this feature.

In cold weather conditions:

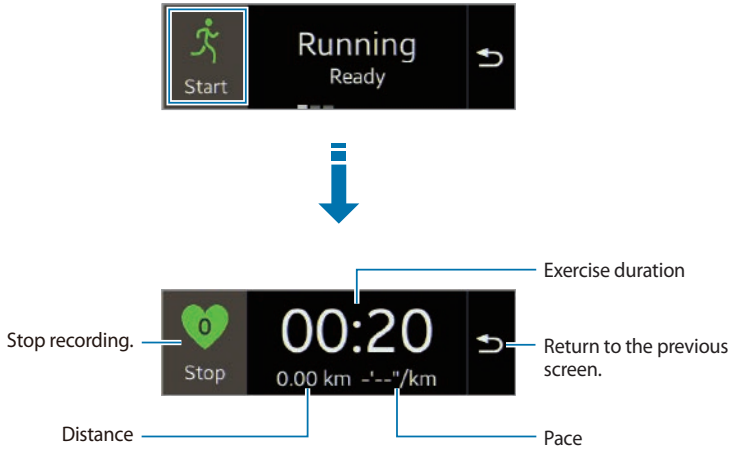
- It is best to use the device indoors.
- Cover the Gear™ Fit with your sleeves before using it, if you use the device outside in cold weather.
- Measure your heart rate before you start to exercise. Heart rate measurements may be inaccurate If you measure your heart rate during exercise.

- If you have just purchased or have reset the Gear™ Fit, read the displayed information about the application and create your profile. When creating a profile, you can automatically or manually register your maximum heart rate.
- The maximum heart rate is the fastest heart rate an individual can achieve through exercise. If you know your maximum heart rate, enter it manually. If the device is set to register the heart rate automatically, the Gear™ Fit calculates it using '210 - 0.65 x age'.

Monitoring exercise information

1. Scroll left or right on the Home screen and tap **Exercise**.
2. Select a type of exercise to monitor. Select **Running**, **Walking**, **Cycling**, or **Hiking**.
3. Tap **Start** to start monitoring.

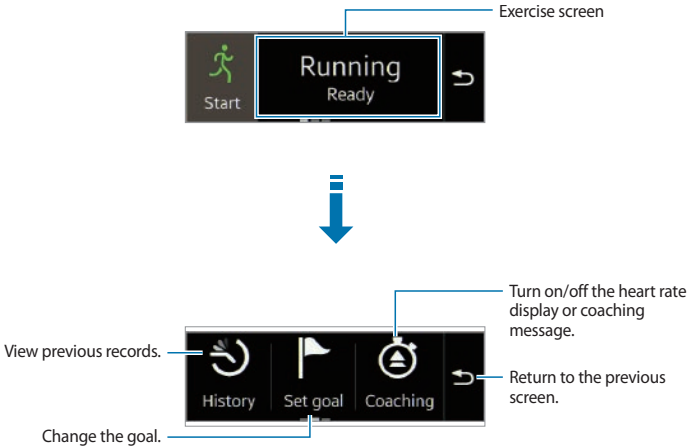
   You can view information, such as exercise time and distance on the screen. Scroll left on the screen to view more information, such as burned calories and speed.



4. Tap the screen, and then tap **Stop** → ✓ to stop monitoring your exercise information.
   Your exercise records display on the screen.
5. Scroll up or down to view the records.

Using Additional Features

Scroll left on the exercise screen to use additional features.

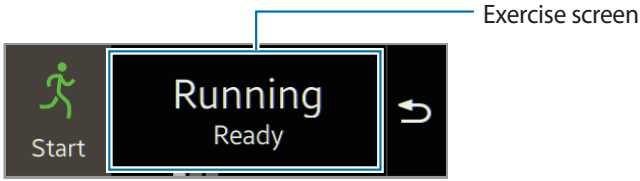


Note: Only records from the past thirty days save. You can view previous data on the mobile device where the S Health application is installed.

Using the coaching feature while exercising in running mode

Use the personalized coaching feature to exercise safely and effectively. You will receive realtime coaching advice that leads you through a safe and effective workout that keeps you fit.

1. Scroll left or right on the Home screen and tap **Exercise** → **Running**.
2. Tap the exercise screen, and then tap **Heart Rate**.



3. Select the method to set the maximum heart rate.
4. Tap **Coaching**.

About Coaching

The Firstbeat Coaching feature is available during any aerobic exercise, such as cycling, jogging, or running. When you use the Gear™ Fit during your workouts, the coaching feature measures your heart rate through the optical heart rate sensor. It automatically adapts to your heart rate and provide feedback, such as 'a little faster', 'maintain speed', or 'slow down'.

Visit www.firstbeat.com for more information.

Setting training levels

1. From the running screen, scroll left and set the maximum heart rate, and then tap **Coaching**.
2. Tap **Coaching** and set the training level to set the exercise intensity. Follow the displayed instructions and complete the exercises. Stop exercising when you achieve the required intensity.
   - Use the training levels to check the intensity of your workout. Set the exercise intensity and monitor your exercise rate and the number of calories you have burned.
   - Exercise intensity is calculated based on your physical profile, heart rate measurement data, and the level of difficulty of the exercise. After completing exercise sessions for more than 3 days, the exercise intensity will change automatically based on your fitness level.

Heart Rate

Use this application to measure and record your current heart rate.

► Scroll left or right on the Home screen and tap **Heart Rate**.

Note: Do not use the device's heart rate measurement feature for clinical or medical diagnosis.

For a more accurate heart rate measurement, measure your heart rate when your body is not moving. Use the exercise feature to measure your heart rate during exercise.

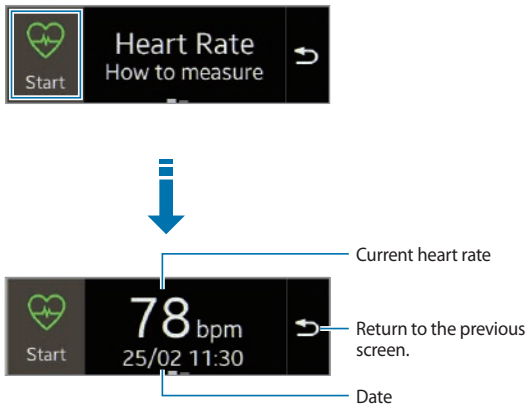
For best results when measuring your heart rate:

- Before taking a measurement, keep your body warm and rest for 5 minutes.
- Do not move your body while taking the measurement.
- Refer to 'Wearing the Gear Fit Device' for details.

Measuring heart rate

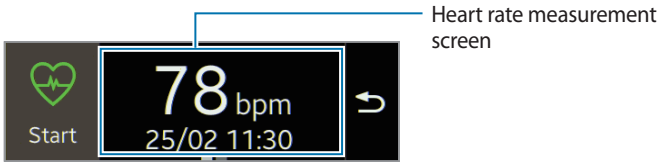
1. Scroll left or right on the Home screen and tap **Heart Rate**.
2. Tap **Start** to begin measuring your heart rate.

   The icon displays and blinks on the screen when heart rate measurement starts. The measurement will be taken by the device. Then, after a brief delay your current heart rate is displayed on the screen. Scroll left or right to view your previous heart rate records.

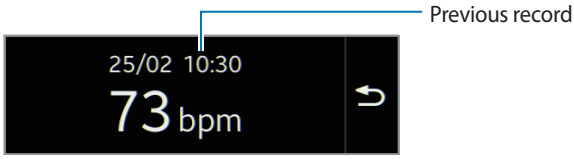


Viewing previous records

1. Scroll left on the heart rate measurement screen.



2. Tap **History**.
3. Scroll left or right to view your previous heart rate records.

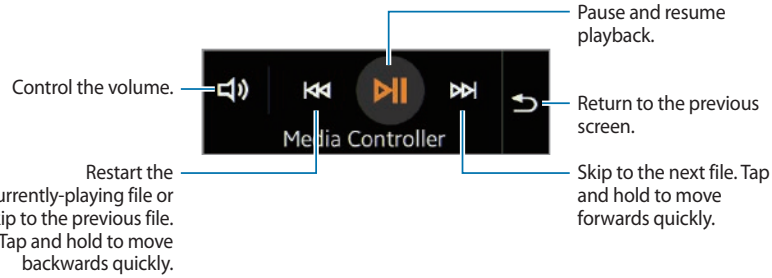


Note: You can save up to thirty records. You can view previous data on the mobile device where the S Health application is installed.

Media Controller

Use this application to play and control media files. You can launch the music player on the connected mobile device and control playback with the Gear™ Fit. For other media files, start playback on the mobile device first. You can control playback of the currently-playing file from the Gear™ Fit.

1. Scroll left or right on the Home screen and tap **Media Controller**.
2. Tap ⏯ to play a media file on the connected mobile device.


Pause and resume playback.
Control the volume.
Media Controller
Return to the previous screen.
Restart the currently-playing file or skip to the previous file. Tap and hold to move backwards quickly.
Skip to the next file. Tap and hold to move forwards quickly.

Timer

Use this application to use the Gear™ Fit as a countdown timer.

1. Scroll left or right on the Home screen and tap **Timer**.
2. Set the duration, and tap .
3. Drag outside the large circle when the timer goes off.

Stopwatch

Use this application to measure the amount of elapsed time.

1. Scroll left or right on the Home screen and tap **Stopwatch**.
2. Tap to time an event.

	Record lap times.
	End timing.
	Clear lap time records.

Find My Device

Use this application to find the connected mobile device.

1. Scroll left or right on the Home screen and tap **Find My Device**.
2. Tap .

   The mobile device emits sounds, vibrates, and turns on the screen.

   Drag outside the large circle on the connected device, or tap on the Gear™ Fit.

Note: This feature is available only when the Gear Fit and the mobile device are connected.

Section 5: Settings

Clock

Change the clock type that displays on the Clock screen.

1. On the Home screen, tap **Settings** → **Clock**.
2. Scroll left or right on the screen to select a clock type.

Wallpapers

Change the color of the Home screen, or set an image or photo stored in the Gear™ Fit as wallpaper for the Home screen.

► On the Home screen, tap **Settings** → **Wallpapers**.

Display

Change the settings for the display.

► On the Home screen, tap **Settings** → **Display**.

- **Brightness**: Adjust the brightness for the display.
- **Wrist worn on**: Set the hand that you mainly wear the Gear™ Fit on.
- **Rotate display:** Set the screen orientation for the Gear™ Fit's display.
- **Screen timeout**: Set the length of time the Gear™ Fit waits before turning off the display's backlight.
- **Home icon size:** You can adjust the size of the icons on the Home screen.
- **Font size**: Change the font type and size for display text of notifications.

- **Wake-up gesture**: Set the Gear™ Fit to turn on and show a specified screen by using a gesture. Raise the hand that is wearing the Gear™ Fit and look at the Gear™ Fit's screen for a few seconds. The screen turns on and a preset screen displays.

Bluetooth

Configure settings for the Bluetooth feature.

► Scroll left or right on the Home screen and tap **Settings** → **Bluetooth**.

- **Bluetooth**: Turn the Bluetooth feature on or off.
- **Make visible**: Set the Gear™ Fit to appear on other devices' lists when they search for Bluetooth devices.

Double press

Set an application that instantly launches when you press the Power button twice.

► Scroll left or right on the Home screen and tap **Settings** → **Double press**, and then select an option.

Profile

Create a profile by entering your physical information, such as sex and body size.

► Scroll left or right on the Home screen and tap **Settings** → **Profile**, and then select an option.

Privacy lock

► Scroll left or right on the Home screen and tap **Settings** → **Privacy lock**.

- **PIN**: Activate or deactivate the privacy lock feature by setting a PIN of at least four numbers. You can unlock the Gear™ Fit's screen by entering the PIN when the mobile device and the Gear™ Fit are disconnected.
- **None**: Activate or deactivate the privacy lock feature by setting a PIN of at least four numbers.
- **Help**: Access help information about using the privacy lock feature.

Reset Gear Fit

Reset settings to the factory default values and delete all data. Default applications are not deleted.

► On the Home screen, tap **Settings** → **Reset Gear Fit**.

Note: When connecting the Gear™ Fit to another mobile

If you want to connect the Gear™ Fit to a newly purchased mobile device or to another mobile device for the first time, reset the Gear™ Fit. Resetting the Gear™ Fit removes the data from the memory. After the reset, you can connect the Gear™ Fit to a different mobile device.

Gear Fit info

► On the Home screen, tap **Settings** → **Gear Fit info**.

- **About Gear Fit**: Access information about the Gear™ Fit.
- **Open source licence**: You can view open source licence information.

Section 6: Index

A

Applications
Using 30
Auto Lock 41

B

Basics 25
Battery
Charging 12
Bluetooth
Settings 66
Tips for Using 18
Brightness
Adjusting Display 24

C

Charging Dock 6
Clock
Settings 65
Clock Screen
Using 29
Contents
Package 3

D

Device
Layout 4
Mounting on Strap 9
Display
Settings 65
Double Press
Settings 66

E

Emergency Contacts
Configuring 42
Excercise 53
Coaching Feature 57
Monitoring Information 54
Exercising
Before You Start 44

F

Find My Device 64

G

Gear Fit
About 3
Connecting to Mobile Device 19
Info 67
Locking/Unlocking 24
Resetting 67
Turning On and Off 16
Upgrading 35
Wearing 23, 45
Gear Fit Manager
Configure Settings 38
Launching 38
Gestures 26
Double-tapping 26
Flicking 27
Tapping 26

Getting Started 3

H

Health Management
Applications 44
Heart Rate 59
Measuring 60
Viewing Previous Records 61
Home Screen 27
Panels 28
Home Screen Styler 39

M

Media Controller 62
Mobile Device
Status Icons 25

N

Notifications 31, 40
Checking 31

P

Pedometer 51
Additional Features 52
Counting Steps 51
Power Button 7
Previous Page
Returning To 30
Privacy Lock 67
Profile 66

R

Resistance
Water and Dust 8

S

Screening
Incoming Calls 30
Settings 41, 65
S Health 40
Sleep 47
Additional Features 50
Auto Mode 49
Recording Manually 48
Stopwatch 63
Strap
Removing 11

T

Timer 63
Touch Screen
Using 26

U

Upgrading 35

W

Wallpapers
Settings 65